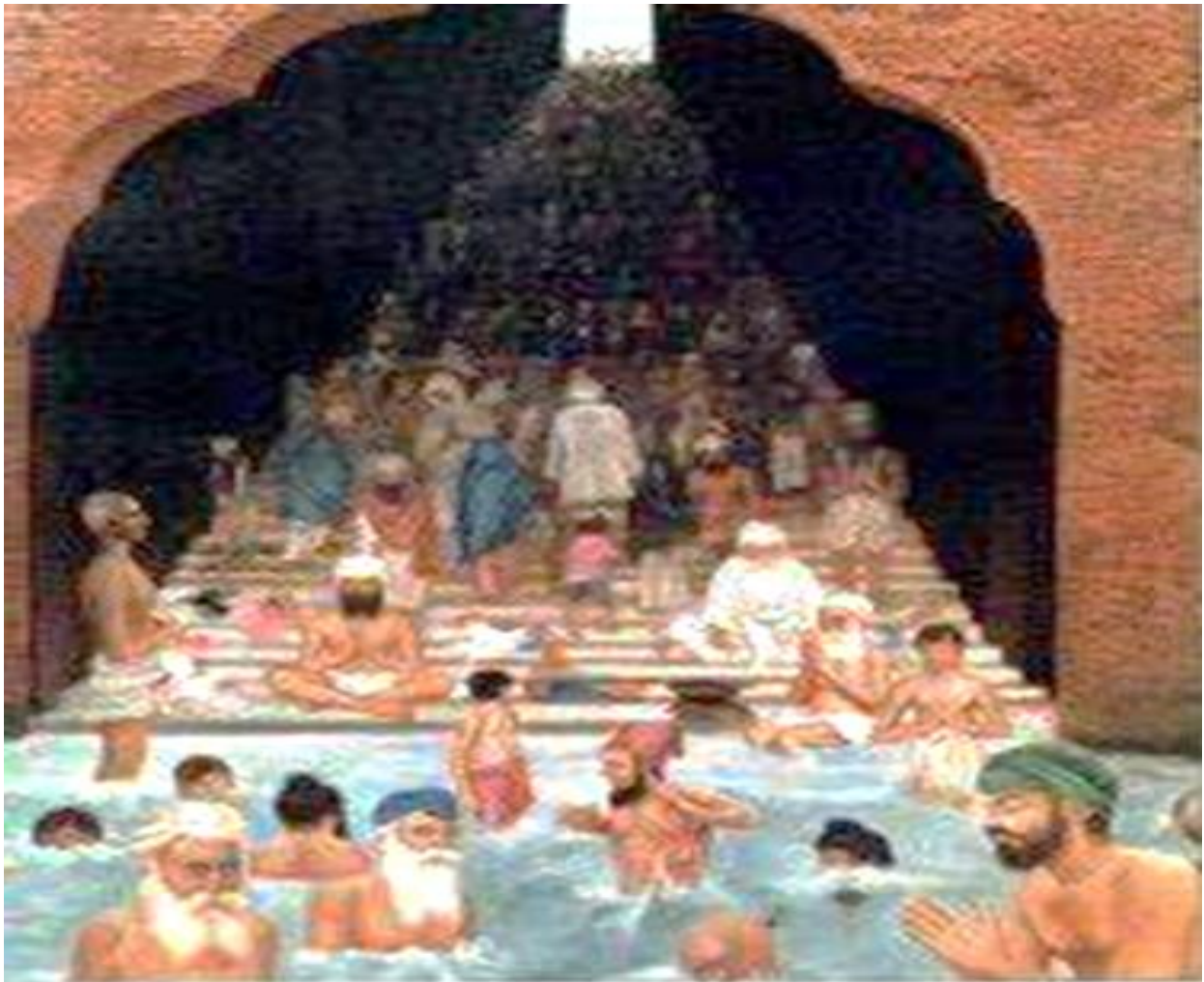


# GOBIND MARG

**THE MONTHLY BULLETIN OF  
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW**

**MAY 2020 – VOL XXVII ISSUE 5**



**Guru Amar Dass constructed a Baoli at Goindwal in 1559. A large well with 84 steps leading to the water, where people of all castes bathe together.**



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of [The True Guru]

**Monday - Saturday  
(Excluding Tuesdays)**

**AM**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

**PM**

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Sundays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

**Tuesdays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

**PM**

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**PM**

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Please Note**

During the current restricted services of the Gurdwara in compliance with the government requirement, these services are suspended.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



# GURDWARA SRI GURU SINGH SABHA

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web site: <http://www.sgss.org>

Registered as a place of worship under the Worship Registration  
Act 1855 No. on Register 75990

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

**May 2020**

Important Days	Event/ Guru Sahib	Nanakshahi Calendar Day
Pooranmashi/ Purnima	Full Moon	7 May
Sangrand - Jeth	Beginning of New Month	15 May
Massia	No Moon (Dark Night)	21 May
May Day	Festival of Spring	7 May
Sikh Events		
Parkash Divas	Guru Arjan Dev ji	2 May
Parkash Divas	Guru Amar Das ji	23 May

## Activities, Facilities and Education Classes

### Please note

The Gurdwara services have been suspended for the duration of the government Corona virus (Covid-19) restrictions. Normal services will be resumed gradually after the lockdown is relaxed and the Gurdwara returns to normal operation.

**General enquires:** Tel 020 8577 2793, or email [khalsa@sgss.org](mailto:khalsa@sgss.org)

**Marriage enquires:** Please do not call the unmanned office. Email [marriages@sgss.org](mailto:marriages@sgss.org)

## General Secretary's Report

April and May are the months when the spring is in glorious swing. Skies are bright and blue, parks and gardens lush green bedecked with beautiful flowers. One just cannot resist going out and enjoy oneself – but not this year. There is a complete lockdown. The deadly Coronavirus, Covid-19 is out and about.

We are working in liaison with Khalsa Aid and SWAT to help people with the most dire needs and the need for cooked meals.

We deeply appreciate the vital role that the NHS is playing in the fight against Covid-19 under most difficult and risky conditions. We have asked the Sangat to contribute and join hands with us to help the NHS with much needed funds. We have also offered the NHS to use our Annex Building as a temporary hospital and we have also put the adjoining parking at its disposal for emergency use.

We are passing through an extremely difficult time. Corona virus has created an unprecedented situation. We sincerely hope and pray that this deadly scourge of Coronavirus will soon disappear and everything will come back to normal.

### Continuous Seva

The month of May sees us entering the 6<sup>th</sup> week of national lock down due to the spread of coronavirus. Fully compliant with the government requests and guidance, our Gurdwara Sahib has remained closed to the public, and all regular programmes, events, classes and weddings had to be cancelled or postponed. However, seva of Dhan Dhan Sri Guru Granth Sahib Ji continues with daily amritvela nitnem, evening Rehraas and Sukhasan.

Thanks to the wonderful telecom technology we have been able to answer all telephone queries from the safety of our homes. This has led us into organising a team of sevadars, who form the 'Contingency and Response groups' in order to meet the growing demand for seva due to the lockdown. With Waheguru's kirpa we have been able to deliver essential services to those in need, or are isolated, including:

- ❖ Picking up and delivery of rations,
- ❖ Delivery of cooked meals
- ❖ Funeral/bereavement support
- ❖ Emotional support
- ❖ Liaising with NHS, to make scrubs and source masks

NHS workers, doctors, nurses, and volunteers need us in the fight against coronavirus and save lives. We are continuously in touch





with the NHS and the council to find out where help is needed. Please visit our website [www.sgss.org](http://www.sgss.org) for the latest updates.

### **Show Your Gratitude**

You can help by showing your gratitude to the NHS workers who are putting their own lives at risk in order to save others. Please donate to a special fundraising project 'Crisis Support'. 100% of your donation will be sent to NHS projects.

#### *By Online Bank Transfer*

Account Name: Crisis Support

Sort Code: 20-96-55, Account Number: 03226565

#### *By Cheque*

Cheques made payable to 'Crisis Support Account' should be posted to:  
Gurdwara Sri Guru Singh Sabha Hounslow, Alice Way, Hounslow TW3 3UD.



### **URGENT SCRUBS APPEAL**

The NHS urgently need our help.

There is currently an acute shortage of scrubs for NHS staff to wear.

We urgently need people to sew scrubs at home for sending to the NHS.

We can provide the fabric, cut into the approved pattern.

The fabric and other necessary materials will be delivered to you and the stitched gowns will be collected by our volunteers.

Full instructions on how to make the scrubs, and the patterns to use can be found in the links below.

For scrub patterns

<https://sewdifferent.co.uk>

How to make scrubs

<http://mywishcharity.wsh.nhs.uk/charity/appeals/helpmakescrubs.aspx>

Please call the Gurdwara helpline 0208 577 2793 to volunteer for the 'Sewing Team' or email [emergency@sgss.org](mailto:emergency@sgss.org)

## ਜਪੁਜੀ ਸਾਹਿਬ

### ਪਉੜੀ ੩੭

ਕਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਜੇਹੁ ॥ ਤਿਥੈ ਹੋਰੁ ਨ ਕੋਈ ਹੋਰੁ ॥  
ਤਿਥੈ ਜੋਧ ਮਹਾਬਲ ਸੂਰ ॥ ਤਿਨ ਮਹਿ ਰਾਮੁ ਰਹਿਆ ਭਰਪੂਰ ॥  
ਤਿਥੈ ਸੀਤੇ ਸੀਤਾ ਮਹਿਮਾ ਮਾਹਿ ॥ ਤਾ ਕੇ ਰੂਪ ਨ ਕਥਨੇ ਜਾਹਿ ॥  
ਨਾ ਓਹਿ ਮਰਹਿ ਨ ਠਾਗੇ ਜਾਹਿ ॥ ਜਿਨ ਕੈ ਰਾਮੁ ਵਸੈ ਮਨ ਮਾਹਿ ॥  
ਤਿਥੈ ਭਗਤ ਵਸਹਿ ਕੇ ਲੋਅ ॥ ਕਰਹਿ ਅਨੰਦੁ ਸਚਾ ਮਨਿ ਸੋਇ ॥  
ਸਚ ਖੰਡ ਵਸੈ ਨਿਰੰਕਾਰੁ ॥ ਕਰਿ ਕਰਿ ਵੇਖੈ ਨਦਰਿ ਨਿਹਾਲ ॥  
ਤਿਥੈ ਖੰਡ ਮੰਡਲ ਵਰਭੰਡ ॥ ਜੇ ਕੋ ਕਥੈ ਤ ਅੰਤ ਨ ਅੰਤ ॥  
ਤਿਥੈ ਲੋਅ ਲੋਅ ਆਕਾਰ ॥ ਜਿਵ ਜਿਵ ਹੁਕਮੁ ਤਿਵੈ ਤਿਵ ਕਾਰ ॥  
ਵੇਖੈ ਵਿਗਸੈ ਕਰਿ ਵੀਚਾਰੁ ॥ ਨਾਨਕ ਕਥਨਾ ਕਰੜਾ ਸਾਰੁ ॥੩੭॥

ਬਖਸ਼ਿਸ਼ ਵਾਲੀ ਅਵਸਥਾ ਦੀ ਬਾਣੀ ਬਲ ਭਾਵ ਜ਼ੋਰ ਹੈ। ਉਸ ਵਿਚ ਅਕਾਲ ਪੁਰਖ ਤੋਂ ਬਿਨਾ ਕੋਈ ਹੋਰ ਨਹੀਂ ਹੁੰਦਾ। ਕੇਵਲ ਜੋਧੇ ਮਹਾਬਲੀ ਤੇ ਸੂਰਮੇ ਹਨ, ਓਹਨਾ ਦੇ ਰੋਮ ਰੋਮ ਵਿਚ ਅਕਾਲ ਪੁਰਖ ਵੱਸ ਰਿਹਾ ਹੈ। ਓਹਨਾ ਦੇ ਸੋਹਣੇ ਸਰੂਪ ਦਾ ਵਰਨਣ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ। ਉਹ ਆਤਮਕ ਮੌਤ ਨਹੀਂ ਮਰਦੇ ਤੇ ਨਾ ਹੀ ਓਹਨਾ ਨੂੰ ਮਾਇਆ ਠਗ ਸਕਦੀ ਹੈ। ਉਸ ਅਵਸਥਾ ਵਿਚ ਕਈ ਭਾਵਨਾ ਦੇ ਭਗਤ ਵਸਦੇ ਹਨ, ਜੋ ਸਦਾ ਖੇੜੇ ਵਿਚ ਰਹਿੰਦੇ ਹਨ ਕਿਉਂਕਿ ਉਹ ਸੱਚਾ ਅਕਾਲ ਪੁਰਖ ਓਹਨਾ ਦੇ ਮਨ ਵਿਚ ਮੌਜੂਦ ਹੈ। ਸੱਚ ਖੰਡ ਵਿਚ ਅਕਾਲ ਪੁਰਖ ਆਪ ਵਸਦਾ ਹੈ, ਜੋ ਸ੍ਰਿਸ਼ਟੀ ਨੂੰ ਰਚ ਰਚ ਕੇ ਆਪਣੀ ਮਿਹਰ ਦੀ ਨਜ਼ਰ ਨਾਲ ਉਸ ਦੀ ਸੰਭਾਲ ਕਰਦਾ ਹੈ। ਇਸ ਅਵਸਥਾ ਵਿਚ ਮਨੁੱਖ ਨੂੰ ਬੇਅੰਤ ਖੰਡ, ਬੇਅੰਤ ਮੰਡਲ ਤੇ ਬੇਅੰਤ ਬ੍ਰਹਮੰਡ ਦਿਸਦੇ ਹਨ। ਜੇ ਕੋਈ ਓਹਨਾ ਬਾਰੇ ਗੱਲ ਕਰੇ ਤਾਂ ਓਹਨਾ ਦਾ ਅੰਤ ਨਹੀਂ ਆਉਂਦਾ। ਓਥੇ ਭਿਨ ਭਿਨ ਲੋਕਾਂ ਦੇ ਸਰੂਪ ਹਨ ਤੇ ਜਿਸ ਤਰ੍ਹਾਂ ਅਕਾਲ ਪੁਰਖ ਦਾ ਹੁਕਮ ਹੁੰਦਾ ਹੈ ਉਹ ਹੀ ਸਭ ਤਰਫ ਵਰਤਦਾ ਹੈ। ਵਾਹਿਗੁਰੂ ਵਿਚਾਰ ਕਰਕੇ ਦੇਖਦਾ ਤੇ ਪ੍ਰਸੰਨ ਹੁੰਦਾ ਹੈ। ਇਹ ਅਵਸਥਾ ਬਿਆਨ ਨਹੀਂ ਕੀਤੀ ਜਾ ਸਕਦੀ, ਕੇਵਲ ਅਨੁਭਵ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

In the realm of action spiritual power is the prime medium. There is no one else there. None but the powerful brave warriors can abide there, in whom the glory of God is brim-full. There the devotional, spiritual equanimity dwells. Their charm and fascinating beauty is beyond description. They neither die nor go astray who have merged in the Lord.

The saints of various worlds abide there and enjoy keeping true love of God in their minds. In the realm of truth abides the formless, eternal supreme God. He creates, cares and showers joy from His kind glance. There are spheres, universes and galaxies. If one attempts to describe, there is no end.

In the region there are continents, solar systems and universes and everywhere His Supreme Will prevails. He beholds them and takes pleasure in their contemplation. O Nanak, it is hard to narrate the story of the realm.

### ਪਉੜੀ ੩੮

ਜਤੁ ਪਾਹਾਰਾ ਧੀਰਜੁ ਸੁਨਿਆਰੁ ॥ ਅਹਰਣਿ ਮਤਿ ਵੇਦੁ ਹਥੀਆਰੁ ॥  
ਭਉ ਖਲਾ ਅਗਨਿ ਤਪ ਤਾਉ ॥ ਭਾਂਡਾ ਭਾਉ ਅੰਮ੍ਰਿਤੁ ਤਿਤੁ ਢਾਲਿ ॥  
ਘੜੀਐ ਸਬਦੁ ਸਚੀ ਟਕਸਾਲ ॥ ਜਿਨ ਕਉ ਨਦਰਿ ਕਰਮੁ ਤਿਨ ਕਾਰ ॥  
ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਨਿਹਾਲ ॥੩੮॥

ਜਤ ਰੂਪ ਭੱਠੀ ਹੋਵੇ, ਧੀਰਜ ਸੁਨਿਆਰਾ ਬਣੇ, ਬੁਧਿ ਦੀ ਅਹਿਰਣ ਤੇ ਗਿਆਨ ਰੂਪੀ ਹਥੌੜਾ ਵੱਜੇ। ਅਕਾਲ ਪੁਰਖ ਦਾ ਭੈ ਧੌਂਕੜੀ ਹੋਵੇ ਅਤੇ ਘਾਲ ਕੁਮਾਈ ਦੀ ਅੱਗ ਹੋਵੇ। ਪ੍ਰੇਮ ਰੂਪੀ ਬਰਤਨ ਹੋਵੇ ਤੇ ਇਸ ਭਾਂਡੇ ਵਿਚ ਪ੍ਰਭੂ ਦੇ ਨਾਮ ਦਾ ਅੰਮ੍ਰਿਤ ਪਾਇਆ ਜਾਇ। ਇਸ ਤਰ੍ਹਾਂ ਸੱਚੀ ਟਕਸਾਲ ਵਿਚ ਪ੍ਰਮਾਤਮਾ ਦੇ ਸ਼ਬਦ ਨੂੰ ਘੜਿਆ ਜਾਂਦਾ ਹੈ। ਇਹ ਗੁਰਮੁਖ ਆਚਰਣ ਕੇਵਲ ਉਹੀ ਬਣਾ ਸਕਦੇ ਹਨ ਜਿਨ੍ਹਾਂ ਤੇ ਵਾਹਿਗੁਰੂ ਦੀ ਕਿਰਪਾ ਹੁੰਦੀ ਹੈ। ਹੇ ਨਾਨਕ, ਜਿਨ੍ਹਾਂ ਨੇ ਇਸ ਤਰ੍ਹਾਂ ਟਕਸਾਲ ਵਿਚ ਪ੍ਰਭੂ ਦਾ ਸ਼ਬਦ ਘੜਿਆ ਹੈ, ਉਹ ਉਸ ਦੀ ਕਿਰਪਾ ਦੁਵਾਰਾ ਨਿਹਾਲ ਹੋ ਗਏ ਹਨ।

Let continence be the furnace, patience the goldsmith, wisdom the anvil and divine knowledge be the tools. Let God's fear be the bellows, austerities be the fire, the pot be our love of God and in this crucible forge the immortal vision and shape the holy word. Those who have been blessed, achieve the fulfilment with God's grace. Nanak ji says that they are blessed by the Divine Gracious glance.

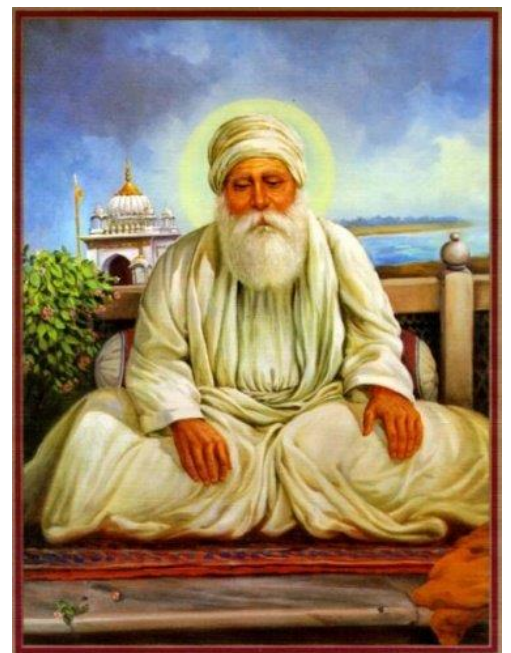
### **Guru Amar Das ji (1479 – 1574)**

**ਭਲੇ ਅਮਰ ਦਾਸ ਗੁਣ ਤੇਰੇ, ਤੇਰੀ ਉਪਮਾ ਤੇਰੇ ਬਨਿ ਆਵੈ।**

Born at village Bassar Ke, Dist Amritsar, Guru Amar Dass lived there till 1540 and used to trade in fine silks. He had a religious bent of mind. Realising the shortage of water at Bassar Ke, he helped in the digging of a well and later got a reservoir constructed there. He believed in going on pilgrimage to holy places; he specially used to go to Hardwar for a holy dip in the river Ganges, which he visited nearly twenty times.

At the ripe age of 61, he went to Khaddoor to see Guru Angad Dev ji, and accepted him as Guru. He stayed at Khaddoor for eleven years. Early in the morning he would walk to river Beas to fetch water for Guru Angad's bath. At the instance of Guru Angad Dev ji he founded Goindwal on the banks of river Beas. Though he had a busy life there was no relaxation in the service of the Guru. He was so absorbed in the acceptance of the order or Hukam of the Guru that he would not get distracted by anything or any person.

In January 1552, when it was very cold, on one occasion whilst walking back with the pitcher of water, Guru Amar Dass ji slipped and lost his balance; but he kept the pitcher upright and saved the water. An unsympathetic by-stander taunted him. Guru Angad came to know about this incident. Finally, when the time came, he decided to nominate Baba Amar Dass ji as the next Guru, by-passing his own sons, Dattu and Dassoo.



After the Guruship was bestowed upon Baba Amar Dass ji he shifted back to Goindwal where he lived for over 22 years. Dattu ji felt enraged over being devoid of his self asserted right to the gurgaddi. One day, in the presence of the congregation, he hit Guru Amar Dass ji, but Guru ji handled the incident with great humility.

Programmes at Goindwal included all day busy ones – from morning till evening kirtan, langer, gurmat deliberations, gurbani path and sangat sewa.

### **Contributions as Guru**

1. To ensure equality in society Guru Amar Dass ji strictly laid down that any one coming to see him must first have 'langar in the pangat'. They all sat on the ground and none was superior or inferior. Emperor Akbar too had to eat the simple food while sitting on the floor. This step was taken by Guru Sahib to abolish the caste system which was very strong at that time.
2. A *baoli* or step well, was constructed which had 84 steps in a covered tunnel, leading down to the water in an open well 8 metres across. It also provided clean drinking water to the people of the area. This mammoth task was started on Vaisakhi Day in 1558, and Bhai Paro and Guru Amar Das ji personally supervised it.
3. The institution of Langar was strengthened.
4. Sangat and Pangat brought a lot of change in the attitude of normal people. They realised that this was a welcome change from the existing rigid and traditional system and that it was based on truth, as Guru ji differentiated between good and evil and impressed upon the people to discard evil and work for human welfare.
5. He was opposed to women's face covering and also condemned the barbarous custom of *satti* or wife's sacrifice on the death of her husband.

The new process however was not acceptable to some people, owing to personal reasons. So staunch Hindus of Goindwal complained against Guru ji to the Nawab of Lahore through the son of Gonda Marwaha, the original owner of the land. The Governor of Lahore, Khwaja Khan, personally visited Goindwal for verification. When he saw that it was all a saintly atmosphere full of mutual love and understanding and all the people were God-fearing, he dismissed the complaint. The mischief makers did not stop there. They sent Gonda's son with another person to Delhi to complain to Akbar in person. However Akbar was aware that these complaints were verified by the governor of Lahore and nothing substantial had been found. Akbar, too, rejected their claim. They then presented a petition in writing of which the main arguments were:

1. Akbar being the protector of all religions, should protect Hinduism because this new faith was a danger to the Hindu religion as Guru Amar Dass was making unnecessary changes to Hinduism and posing a threat to its existence.



2. Hinduism has separate prayers for morning, midday and evenings, and there is no gayatry path.
3. Guru Amar Dass has abandoned Sanskrit, the language of the Vedas and Shastras.
4. Hindu traditions like Saradh, Kiria Karam and Moorty Puja are all ignored and condemned.
5. The main allegation was that “ਚਾਰ ਵਰਨ ਕੇ ਇੱਕ ਮਤ ਕਹਾ।”
6. Akbar sent for Guru Amar Dass to Delhi.

Due to health reasons and inability to travel, Guru Sahib sent Bhai Jetha (later Guru Ram Dass) in his stead. Bhai Jetha replied properly and convincingly to all allegations. He explained that the Sikh faith is not against any religion or person. The basic facts, Bhai Jetha said, are that:

1. We believe in One God of all people and not three gods as the Hindus do.
2. We believe in praying at all times and are not constrained to three times.
3. Sanskrit is not understood by everybody. Our Bani is in common man's language, hence easily understood.
4. We do not believe in pilgrimages because they are considered holy because someone prayed there for a long time. We inspire everyone to pray freely at any place as and when possible.
5. Lastly as per Guru Nanak, 'caste' should be determined according to the deeds of the individual and not by his birth. We firmly believe in one God, present everywhere, neither born nor ever dies, creator, maintainer of His creation and destroyer.

Akbar was pleased to hear all and desired to pay a visit to Guru Sahib. He is said to have uttered these words:

ਵਹਿ ਮੌਲਾ ਕੀ ਜਾਤ ਹੈ, ਭੇਧ ਭਰਮਕਛ ਨਾਂਹ  
ਜੇ ਕੋਈ ਗੀਸ ਤਾਂ ਕੀ ਕਰੇ, ਤਾਂ ਪਰ ਵਡਾ ਗੁਨਾਹ।

Later in 1565 Akbar visited Goindwal, saw everything for himself and had langar there as well. He was pleased and offered a jagir which was politely declined on the plea that langar should depend on honest earnings of sangat and not on one person.

In 1572 Guru Amar Dass ji asked to start planning and building the city of Amritsar. Finally on the 1st September 1574, Guru Amar Dass ji breathed his last at Goindwal Sahib. Before his demise he had passed over the guruship to his son-in-law, Bhai Jetha ji, who became Guru Ram Dass, a perfect choice out of all his clan.

## ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ( ੧੫੬੩-੧੬੦੬)

"ਫਿਰ ਆਈ ਘਰ ਅਰਜਨੇ, ਪੁੱਤ ਸੰਸਾਰੀ ਗੁਰੂ ਕਹਾਵੇ।"

(ਭਈ ਗੁਰਦਾਸ)

ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦਾ ਜਨਮ, ਸਾਹਿਬ ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਦੇ ਘਰ ਬੀਬੀ ਭਾਨੀ ਦੀ ਕੁੱਖੋਂ ੧੫ ਅਪ੍ਰੈਲ ੧੫੬੩ ਨੂੰ ਗੋਇੰਦਵਾਲ ਸਾਹਿਬ ਵਿਖੇ ਹੋਇਆ ਅਤੇ ਬਚਪਨ ਦੇ ੧੧ ਸਾਲ ਇਥੇ ਹੀ ਗੁਜ਼ਰੇ। ਉਹਨਾਂ ਨੂੰ ਹਰਿ ਤਰਾਂ ਦੀ ਧਾਰਮਕ ਤੇ ਆਤਮਕ ਸਿਖਿਆ ਮਿਲੀ। ੧੫੭੪ ਵਿਚ ਗੁਰੂ ਰਾਮ ਦਾਸ, ਸਮੇਤ ਪਰਵਾਰ ਅੰਮ੍ਰਿਤਸਰ ਚਲੇ ਗਏ।



ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਪੜ੍ਹਾਈ ਲਿਖਾਈ, ਘੋੜ ਸਵਾਰੀ, ਨੇਜ਼ਾਬਾਜ਼ੀ ਆਦਿ ਵਿਚ ਚੰਗੇ ਪ੍ਰਬੀਨ ਹੋ ਗਏ। ਜਦੋਂ ਪਿਤਾ ਰਾਮ ਦਾਸ ਜੀ ਦਾ ਅੰਤਿਮ ਸਮਾਂ ਆਇਆ ਤਾਂ ਉਹਨਾ ਅਰਜਨ ਦੇਵ ਜੀ ਦੀ ਲਗਨ, ਨਿਮਰਤਾ, ਸੇਵਾ ਤੇ ਲਿਆਕਤ ਮੁਖ ਰੱਖ ਕੇ ਆਪਣੇ ਵੱਡੇ ਦੋਨੋਂ ਲੜਕਿਆਂ ਪ੍ਰਿਥੀ ਚੰਦ ਤੇ ਮਹਾਦੇਵ ਨੂੰ ਛੱਡ ਕੇ ਸਭ ਤੋਂ ਛੋਟੇ ਅਰਜਨ ਦੇਵ ਨੂੰ ਗੁਰੂ ਗੱਦੀ ਬਖਸ਼ੀ। ਪ੍ਰਿਥੀ ਚੰਦ ਬਹੁਤ ਨਾਰਾਜ਼ ਹੋਇਆ ਤੇ ਹਰ ਤਰੀਕੇ ਨਾਲ ਗੁਰੂ ਬਣਨਾ ਚਾਹਿਆ, ਇਥੋਂ ਤਕ ਕਿ ਉਸਦੇ ਲੜਕੇ ਮੇਹਰਬਾਨ ਨੇ ਬਾਣੀ ਭੀ ਰਚੀ, ਹਕੂਮਤ ਦੀ ਸਹਾਇਤਾ ਭੀ ਲਈ ਪਰ ਕੋਈ ਗਲ ਨਾ ਬਣੀ। ਸਿੱਖਾਂ ਸੇਵਕਾਂ ਨੇ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਤੇ ਵਿਸ਼ਵਾਸ ਕੀਤਾ ਤੇ ਉਹਨਾ ਦਾ ਸਾਥ ਦਿੱਤਾ।

ਗੁਰੂ ਜੀ ੧੫੮੧ ਵਿੱਚ ਅੰਮ੍ਰਿਤਸਰ ਆ ਗਏ। ਪ੍ਰਿਥੀ ਚੰਦ ਇਥੇ ਭੀ ਪੁੱਜ ਗਿਆ ਤੇ ਗੁਰੂ ਜੀ ਨੂੰ ਤੰਗ ਕਰਨ ਲੱਗਾ। ਅਖੀਰ ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਆਗਰੇ ਤੋਂ ਆਏ ਤਾਂ ਉਹਨਾ ਨੇ ਲੋਕਾਂ ਨੂੰ ਸਮਝਾਇਆ ਤੇ ਲੰਗਰ ਦੀ ਹਾਲਤ ਠੀਕ ਹੋਈ। ੧੫੮੬ ਵਿਚ ਸੰਤੋਖ ਸਰ ਦੀ ਖੁਦਾਈ ਸ਼ੁਰੂ ਕੀਤੀ। ੧੫੮੮ ਵਿਚ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਦੀ ਨੀਂਹ ਸਾਈਂ ਮੀਆਂਮੀਰ ਤੋਂ ਰਖਵਾਈ। ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਦੇ ਚਾਰ ਦਰਵਾਜ਼ੇ ਰੱਖੇ ਭਾਵ ਹਰ ਧਰਮ ਦਾ ਬੰਦਾ ਅੰਦਰ ਜਾ ਸਕਦਾ ਹੈ। ਇਸ ਨਾਲ ਇਹ ਸਿੱਖੀ ਦਾ ਵੱਡਾ ਕੇਂਦਰ ਬਣ ਗਿਆ।

**"ਦੇਸ ਬਦੇਸਨ ਤੇ ਅਬ ਲੌ, ਜਨ ਆਵਤ ਨਾਵਤ ਭਾਵ ਤਪੇ ਹੈ;**

**ਰੈਣ, ਦਿਨ ਸਤਸੰਗ ਰਹੇ, ਪ੍ਰਭਤਾ ਦਿਨ ਚੁਗੁਣਿ ਸੇਂ ਹੈ।"**

(ਗਿਆਨੀ ਗਿਆਨ ਸਿੰਘ)

ਇਸ ਨੂੰ ਦੇਖ ਕੇ ਕਿਸੇ ਸੈਲਾਨੀ ਨੇ ਕਿਹਾ ਸੀ

**"ਤਾਜ ਮਹੱਲ ਮੌਤ ਹੈ, ਹਰਿਮੰਦਿਰ ਜ਼ਿੰਦਗੀ ਹੈ ਜਿਥੇ ਹਰ ਵੇਲੇ ਵਾਹਿਗੁਰੂ ਦੀ ਉਸਤਤ ਹੋਂਦੀ ਹੈ।"**

ਇਸ ਪਿੱਛੋਂ ਗੁਰੂ ਜੀ ਨੇ ਤਰਨ ਤਾਰਨ ਵਸਾਇਆ ਤੇ ਇਸ ਤਰਾਂ ਸਰਵਰੀਆਂ ਵੱਲੋਂ ਇਸਲਾਮ ਦੇ ਵੱਧ ਰਹੇ ਪ੍ਰਚਾਰ ਨੂੰ ਰੋਕ ਲਾਈ। ਇਸ ਪਿੱਛੋਂ ਕਰਤਾਰ ਪੁਰ (ਜਲੰਧਰ ਨੇੜੇ) ਦਾ ਨਗਰ ਵਸਾਇਆ। ਛੇਹਰਟਾ ਵਸਾਇਆ। ਲਾਹੌਰ ਵਿਖੇ ਬਾਉਲੀ ਸਾਹਿਬ ਬਣਵਾਈ।

ਗੁਰੂ ਸਾਹਿਬ ਦੀ ਸਭਤੋਂ ਵੱਡੀ ਦੇਣ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੀ ਬੀੜ ਤਿਆਰ ਕਰਨਾ ਹੈ। ਇਹਨਾਂ ਪਾਸ ਗੁਰੂ ਸਾਹਿਬਾਨ ਤੇ ਭਗਤਾਂ ਦੀ ਸਾਰੀ ਬਾਣੀ ਜਮਾ ਸੀ। ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਨੂੰ ਨਾਲ ਲੈ ਕੇ ਬਾਣੀ ਨੂੰ ਰਾਗਾਂ ਅਨੁਸਾਰ ਤਰਤੀਬ ਦਿੱਤੀ। ਸਾਰੀ ਬਾਣੀ ਲਿਖਵਾ ਕੇ, ਜਿਲਦ ਬਣਵਾ ਕੇ ੧੪ ਅਗਸਤ ੧੬੦੪ ਨੂੰ, ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਦੇ ਸੀਸ ਤੇ ਰੱਖ ਕੇ ਆਪ ਗੁਰੂ ਸਾਹਿਬ ਚੌਰ ਕਰਦੇ ਹਰਿਮੰਦਿਰ ਸਾਹਿਬ ਲਿਆਏ ਤੇ ਪ੍ਰਕਾਸ਼ ਕੀਤਾ। ਸਭ ਤੋਂ ਪਿਹਲਾ ਹੁਕਮਨਾਮਾ ਨਿਕਲਿਆ,



**"ਸੰਤਾ ਦੇ ਕਾਰਜ ਆਪ ਖਲੋਇਆ, ਹਰਿ ਕੰਮ ਕਰਾਵਨ ਆਇਆ ਰਾਮ।"**

ਡਾਕਟਰ ਗੋਕੁਲ ਚੰਦ ਨਾਰੰਗ ਨੇ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਬਾਰੇ ਲਿਖਿਆ,

**"ਹੁਣ ਲੋਕਾਂ ਦੇ ਸਾਹਮਣੇ ਉਹ ਪੁਰੁਸ਼ ਆਇਆ ਜੋ ਜਮਾਂਦਰੂ ਕਵੀ, ਅਸਲੀ ਫਿਲੋਸੋਫਰ, ਤਕੜਾ ਜੱਥੇਦਾਰ, ਤੇ ਇਕ ਸਟੇਟਸਮੈਨ ਸੀ।"**

ਕਨਿੰਗਘੱਮ ਨੇ ਲਿਖਿਆ, "ਸ਼ਾਇਦ ਗੁਰੂ ਅਰਜਨ ਜੀ ਪਹਿਲੇ ਗੁਰੂ ਸਨ ਜਿੰਨ੍ਹਾਂ ਗੁਰੂ ਨਾਨਕ ਦੇ ਉਪਦੇਸ਼ ਨੂੰ ਨਿਖੇੜ ਕੇ ਪੜ੍ਹਿਆ ਤੇ ਸਮਝਿਆ, ਕਿ ਇਹ ਉਪਦੇਸ਼ ਜੀਵਨ ਦੀਆਂ ਰੋਜ਼ਾਨਾ ਲੋੜਾਂ ਵਿਚ ਵਰਤੇ ਜਾ ਸਕਦੇ ਹਨ।" ਗੁਰੂ ਜੀ ਨੇ ਮਸੰਦਾਂ ਨੂੰ ਜਥੇਬੰਦ ਕਿਤਾ ਤਾਂ ਕਿ ਦਸਵੰਧ ਇਕੱਠਾ ਕਰਕੇ ਗੁਰੂ ਪਾਸ ਪੁੱਜ ਸਕੇ।

ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਅੰਮ੍ਰਿਤਸਰ ਸ਼ਹਿਰ ਵਸਾਆ ਤੇ ਸਿੱਖਾਂ ਨੂੰ ਵਿਪਾਰ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਆ। ਘੋੜਿਆਂ ਦਾ ਵਜਾਪਾਰ ਕਰਨ ਦੀ ਸਲਾਹ ਦਿੱਤੀ। ਅੰਤ ਜਹਾਂਗੀਰ ਨੇ ਖੁਸਰੋ ਦੀ ਮਦਦ ਕਰਨ ਦਾ ਦੋਸ਼ ਲਗਾ ਕੇ ਇਹਨਾਂ ਨੂੰ ਸ਼ਹੀਦ ਕਰਵਾ ਦਿੱਤਾ।

**ਸ਼ਹੀਦੀ ਦਾ ਵਿਸਥਾਰ ਅਗਲੇ ਪਰਚੇ ਵਿਚ ਦਿੱਤਾ ਜਾਵੇਗਾ।**

## ਵਿਸ਼ਵਾਸ

ਇੰਡਿਅਨ ਫਿਲਮ ਇੰਡਸਟਰੀ ਦੇ ਇਕ ਪ੍ਰਸਿੱਧ ਸੰਗੀਤਕਾਰ ਸ਼ੈਲਿੰਦਰ ਜਿਨ੍ਹਾਂ ਨੇ 'ਨਾਨਕ ਨਾਮ ਜਹਾਜ਼' ਦਾ ਸੰਗੀਤ ਦਿੱਤਾ ਸੀ, ਦੱਸਦੇ ਹਨ ਕਿ ਉਹਨਾਂ ਨੂੰ ਭਾਰਤੀ ਫ਼ਿਲਮਾਂ ਦੀ ਬਹੁਤ ਮਸ਼ਹੂਰ ਅਤੇ ਅਤੀ ਸੁੰਦਰ ਅਭੀਨੇਤਰੀ ਮੱਦੂਬਾਲਾ ਨਾਲ ਕੰਮ ਕਰਨ ਦਾ ਤੇ ਫਿਰਨ ਤੁਰਨ ਦਾ ਕਾਫੀ ਸਮਾਂ ਮਿਲਦਾ ਰਿਹਾ ਸੀ। ਇਕ ਦਿਨ ਉਹ ਕਿਸੇ ਸਫਰ ਵਿਚ ਸਨ ਕਿ ਮੱਦੂਬਾਲਾ ਨੇ ਆਪਣਾ ਸਿਰ ਢੱਕ ਲਿਆ ਤੇ ਆਪਣੇ ਪਰਸ ਵਿਚੋਂ ਇਕ ਛੋਟੀ ਜਿਹੀ ਕਿਤਾਬ ਕੱਢ ਕੇ ਪੜ੍ਹਨਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ। ਉਹਨਾਂ ਸੋਚਿਆ ਕਿ ਸ਼ਾਇਦ ਕੋਈ ਧਾਰਮਿਕ ਪੁਸਤਕ ਪੜ੍ਹ ਰਹੀ ਹੈ, ਹੋ ਸਕਦਾ ਹੈ ਕਿ ਕੁਰਾਨ ਸ਼ਰੀਫ ਹੋਵੇ ਜਾਂ ਹਦੀਸ ਜਾਂ ਕੋਈ ਹੋਰ, ਪਰ ਉਹਨਾਂ ਨੇ ਮੱਦੂਬਾਲਾ ਪਾਸੋਂ ਕੁਝ ਨਾ ਪੁਛਿਆ।

ਫਿਰ ਕਈ ਵਾਰੀ ਜਦੋਂ ਸ਼ੂਟਿੰਗ ਤੋਂ ਵੁਲੇ ਹੋਣਾ ਤਾਂ ਮੱਦੂਬਾਲਾ ਨੇ ਇਕ ਕੋਨੇ ਵਿਚ ਬੈਠ ਕੇ, ਸਿਰ ਢੱਕ ਕੇ, ਸਤਿਕਾਰ ਸਹਿਤ ਉਹ ਪੁਸਤਕ ਪੜ੍ਹਨ ਲੱਗ ਪੈਣਾ। ਕਾਫੀ ਸਮਾਂ ਇਸ ਤਰਾਂ ਚਲਦਾ ਰਿਹਾ ਪਰ ਕਦੀ ਭੀ ਉਸ ਨੂੰ ਕੁਝ ਨਾ ਪੁਛਿਆ ਕਿ ਉਹ ਕੀ ਪੜ੍ਹਦੀ ਹੈ।

ਇਕ ਦਿਨ ਸ਼ੂਟਿੰਗ ਹੋ ਰਹੀ ਸੀ। ਮੱਦੂਬਾਲਾ ਬਾਹਰ ਸਾਡੇ ਸਾਰਿਆਂ ਨਾਲ ਬੈਠੀ ਸਿਰ ਢੱਕ ਕੇ ਆਪਣੀ ਪੁਸਤਕ ਪੜ੍ਹ ਰਹੀ ਸੀ ਕਿ ਸਟੂਡੀਓ ਵਿਚੋਂ ਇਕ ਬੰਦਾ ਆਇਆ ਤੇ ਮੱਦੂਬਾਲਾ ਨੂੰ ਕਿਹਣ ਲੱਗਾ, "ਸੈਂਟ ਤਿਆਰ ਹੈ ਤੇ ਤੁਸੀਂ ਅੰਦਰ ਆਕੇ ਸ਼ੂਟਿੰਗ ਸ਼ੁਰੂ ਕਰੋ।" ਮੱਦੂਬਾਲਾ ਨੇ ਆਪਣਾ ਬੈਗ ਅਤੇ ਪੁਸਤਕ ਉਥੇ ਹੀ ਸਟੂਲ ਤੇ ਰੱਖ ਦਿੱਤੇ, ਨਾਲ ਹੀ ਇਹਨਾਂ ਦਾ ਧਿਆਨ ਰੱਖਣ ਲਈ ਕਿਹਾ ਤੇ ਆਪ ਅੰਦਰ ਚਲੀ ਗਈ।

ਇਹਨਾਂ ਨੇ ਸਟੂਲ ਦੇ ਨੇੜੇ ਹੋ ਕੇ ਦੇਖਿਆ ਕਿ ਇਹ ਛੋਟੀ ਜਿਹੀ ਕਿਤਾਬ ਉਰਦੂ ਅੱਖਰਾਂ ਵਿਚ ਜਪੁਜੀ ਸਾਹਿਬ ਦਾ ਇਕ ਗੁਟਕਾ ਸੀ। ਇਹ ਬਹੁਤ ਹੈਰਾਨ ਹੋਏ ਕਿ ਮੱਦੂਬਾਲਾ ਜਿਸਦਾ ਆਪਣਾ ਧਰਮ ਇਸਲਾਮ ਹੈ, ਉਹ ਜਪੁਜੀ ਸਾਹਿਬ ਦਾ ਪਾਠ ਕਰਦੀ ਹੈ। ਥੋੜੇ ਚਿਰ ਪਿੱਛੋਂ ਜਦੋਂ ਮੱਦੂਬਾਲਾ ਵਾਪਸ ਆਈ ਤਾਂ ਇਹਨਾਂ ਨੇ ਪੁੱਛਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਤਾਂ ਮੱਦੂਬਾਲਾ ਨੇ ਕਿਹਾ ਕਿ ਚਲੇ ਵਾਪਸ ਚਲੀਏ, ਮੈਂ ਆਪ ਨੂੰ ਰਸਤੇ ਵਿਚ ਦੱਸਦੀ ਹਾਂ।

ਮੱਦੂਬਾਲਾ ਨੇ ਦੱਸਿਆ ਕਿ ਇਕ ਵਾਰੀ ਉਹ ਬਹੁਤ ਜਿਆਦਾ ਤਕਲੀਫ ਵਿਚ ਫੱਸੀ ਹੋਈ ਸੀ। ਹਾਲਾਤ ਅਜਿਹੇ ਹੋ ਗਏ ਸਨ ਕਿ ਪਤਾ ਨਹੀਂ ਕੀ ਹੋ ਜਾਏਗਾ। ਮਾਨਸਿਕ ਪਰੇਸ਼ਾਨੀ ਕਰਕੇ ਆਪਣੇ ਆਪ ਦਾ ਭੀ ਪਤਾ ਨਹੀਂ ਸੀ ਰਿਹਾ। ਕਦੇ ਲੱਗਦਾ ਸੀ ਕਿ ਜਾਂ ਉਸਨੂੰ ਜੇਲ ਜਾਣਾ ਪਵੇਗਾ, ਜਾਂ ਪਾਗਲ ਖਾਨੇ। ਉਸ ਨੇ ਇਸ ਮਾਨਸਿਕ ਤਣਾਓ ਬਾਰੇ ਆਪਣੀ ਕਿਸੇ ਸਹੇਲੀ ਨਾਲ ਗੱਲ ਕੀਤੀ ਅਤੇ ਕੋਈ ਉਪਾਓ ਪੁਛਿਆ। ਸਹੇਲੀ ਨੇ ਕਿਹਾ ਕਿ ਜੇ ਹੋ ਸਕੇ ਤਾਂ ਜਪੁਜੀ ਦਾ ਪਾਠ ਕਰੋ। ਉਹਨਾਂ ਨੇ ਕਿਸੇ ਤਰਾਂ ਇਕ ਉਰਦੂ ਅੱਖਰਾਂ ਵਾਲਾ ਜਪੁਜੀ ਸਾਹਿਬ ਦਾ ਗੁਟਕਾ ਲਿਆ ਦਿੱਤਾ ਤੇ ਹੁਣ ਮੈਂ ਆਪਣੇ ਵੇਲ੍ਹੇ ਸਮੇਂ ਵਿਚ ਸਤਿਕਾਰ ਸਹਿਤ ਨਿਸ਼ਚੇ ਨਾਲ ਜਪੁਜੀ ਸਾਹਿਬ ਪੜ੍ਹਦੀ ਹਾਂ ਅਤੇ ਅਰਦਾਸ ਕਰਦੀ ਹਾਂ। ਮੇਰੀ ਸਾਰੀ ਪਰੇਸ਼ਾਨੀ ਦੂਰ ਹੋ ਗਈ ਹੈ। ਉਸ ਨੇ ਦੱਸਿਆ ਕਿ ਮਮਬਈ ਵਿਖੇ ਅੰਧੇਰੀ ਦੇ ਗੁਰਦੁਆਰੇ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਗੁਰਪੁਰਬ ਤੇ ਉਹ ਦੁਪਹਿਰ ਦੇ ਲੰਗਰ ਦਾ ਸਾਰਾ ਖਰਚਾ ਦੇਂਦੀ ਹੈ, ਜਿਸਦੀ ਉਸਨੇ ਕਮੇਟੀ ਪਾਸੋਂ ਮਨਜ਼ੂਰੀ ਲਈ ਹੋਈ ਹੈ।

ਪੂਰੇ ੬ ਸਾਲ ਮੱਦੂਬਾਲਾ ਨੇ ਇਹ ਖਰਚਾ ਦਿੱਤਾ, ਫੇਰ ਉਸਦੀ ਮੌਤ ਹੋ ਗਈ। ਉਸ ਦੇ ਪਿਤਾ ਨੇ ਕਿਹਾ ਕਿ ਮੱਦੂਬਾਲਾ ਦਾ ਸਾਰਾ ਪੈਸਾ ਉਸ ਪਾਸ ਹੈ, ਸੋ ਉਸਨੇ ਹਰ ਸਾਲ ਇਹ ਖਰਚ ਦਿੱਤਾ ਤੇ ਮੱਦੂਬਾਲਾ ਦੀ ਆਤਮਿਕ ਸ਼ਾਂਤੀ ਦੀ ਅਰਦਾਸ ਕਰਵਾਈ। ਸਤ ਸਾਲ ਪਿੱਛੋਂ ਪਿਤਾ ਦੀ ਮੌਤ ਹੋ ਗਈ। ਹੁਣ ਹਰ ਸਾਲ ਗੁਰਪੁਰਬ ਵਾਲੇ ਦਿਨ ਸੰਗਤ ਵੱਲੋਂ ਪਿਉ-ਧੀ ਦੀ ਆਤਮਿਕ ਸ਼ਾਂਤੀ ਦੀ ਅਰਦਾਸ ਹੁੰਦੀ ਹੈ।



## **We always talk about Nau Nidh... the 9 Spiritual Treasures**

**During Ardas..** ਤੇਗ ਬਹਾਦਰ ਸਿਮਰਿਐ ਘਰ ਨਉ ਨਿਧਿ ਆਵੈ ਧਾਇ॥

*Tegh Bahadur Simariye ghar NAU NIDH aavey thaay...*

**The nine spiritual treasures** of God Realisation are the key steps or stages we must achieve along our journey to the Realization of WAHEGURU.

### **1. Acceptance... HUKAM**

The first key to GOD is to accept without questioning his Divine Will that governs natural laws.

### **2. Faith... BAROSA**

Upon acceptance of GOD and beginning a quest in search of him, expand your mind, read all that is written and develop Faith.

### **3. Detachment... VAIRAG**

When you have exhausted every outer search then begin your inner quest with detachment from any negative unhealthy relationship to the world and family.

### **4. Absolute Absorption... LEENTA**

Using GOD's name in prayer and meditation attain an absolute absorption in and attachment to GOD.

### **5. Balance... SEHEJ**

If you actually quieten your mind, aim for balance and listen to the silence within, a point of equilibrium will be reached leading to:

### **6. Joy... ANAND**

A light will fill your mind and your heart will quicken with Joy.

### **7. Ecstasy... VISMAAG**

As you feel the LOVE and presence of GOD, you will be in a state of spiritual ecstasy.

### **8. Contentment... SANTOKH**

Contentment will follow

### **9. GOD's grace/Humility... NADAR**

After a deeper realization of the wonder that is GOD one will, with humility, attribute all to GOD and only GOD and not think about his personal contribution, as one is nothing without GOD.



**Waheguru Ji ka Khalsa, Waheguru Ji ki Fateh**



## Make Connections

Have you noticed how clean the air is since we have been in lockdown? Here are a couple of things you can do in the garden or park during the lockdown:

- ❖ Check the air quality in your area look into this <https://www.addresspollution.org/>
- ❖ You can join in citizen science efforts, events include keeping your neighbourhood litter free, mapping litter across the planet and light pollution, <https://scistarter.org/events>
- ❖ Go to Lampton Park and visit Guru Nanak's Orchard. The trees have buds and will be in bloom soon
- ❖ Plant a bird house and a butterfly border
- ❖ Make a rough map of your garden, or road, and record any nests in uses or you see being made. Check your map next year and see if they are being used again by the same birds. Can you identify them
- ❖ Many birds are making their nests. Help them by leave small sticks so they build the nests. Leave seeds (not roti's or bread as some of them cannot swallow them)
- ❖ Get creative and make a hanging basket. You can plant flowers, strawberries, salad and tomatoes.



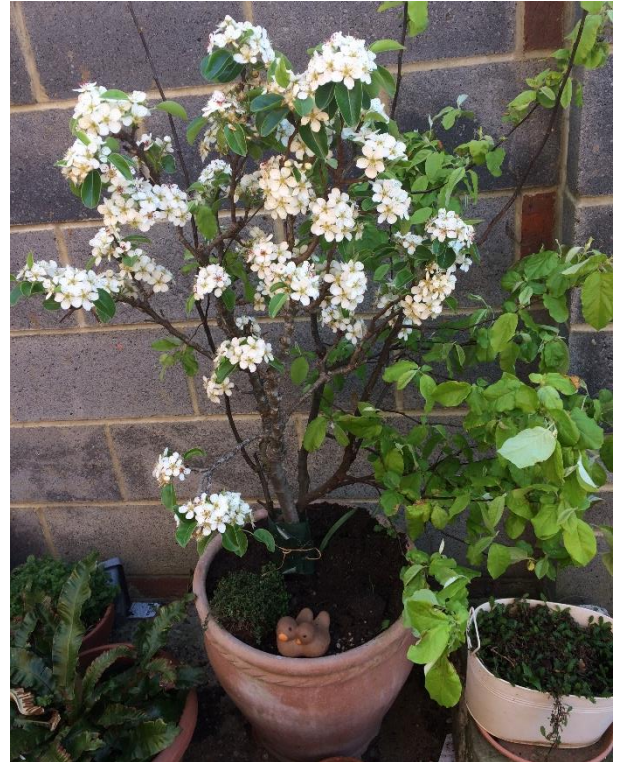
### Some Jobs to do in April/ Early May (the list is endless)

- ❖ Order your summer bedding
- ❖ Prepare beds for the growing season. Check your container plants aren't drying out - the warmer weather will quickly affect soil moisture levels
- ❖ Feed trees, shrubs and hedges with a balanced, slow-release fertiliser, by lightly forking it into the soil surface. Roses, in particular, are greedy plants and will greatly benefit from feeding as they come into growth
- ❖ Tie in climbing and rambling roses.
- ❖ Continue to remove faded flowers from winter pansies to stop them setting seed. This will encourage flushes of new flowers throughout the spring

- ❖ Deadhead daffodils and tulips as the flowers finish, but leave foliage intact, allowing it to die back naturally
- ❖ Apply a layer of mulch around your perennials, trees and shrubs before the hot weather arrives. Use organic matter such as well-rotted manure.

#### **Get busy with these vegetable garden tasks this April/ Early May:**

- ❖ Prepare vegetable seed beds by removing all weeds
- ❖ Dig a 5-cm (or more) layer of compost, well-rotted manure or green waste into beds
- ❖ Cover prepared soil with sheets of black plastic to keep it drier and warmer in preparation for planting
- ❖ Build raised beds to take the bending out of growing vegetables
- ❖ Support pea plants now. For quick and easy pea supports, push some twiggy sticks around your plants
- ❖ Thin carrot seedlings to achieve good-sized carrots; do this in the evening when fewer carrot flies are around.



#### **Here's what to do in the fruit garden this month:**

- ❖ Protect fruit blossom from late frosts by covering them with fleece on cold nights
- ❖ Spray the emerging leaves of peach and nectarine trees to prevent peach leaf curl. Sheltering your plants from the rain will also help reduce the risk of peach leaf curl
- ❖ Mulch fruit trees with well-rotted manure or garden compost, taking care not to mound mulch up around the trunk
- ❖ Top dress patio fruit-trees with fresh compost and a slow-release fertilizer
- ❖ Feed raspberry canes, fruit bushes and fruit trees to encourage good crops this season. Apply a slow-release fertilizer around their base
- ❖ Try hand pollinating peaches and nectarines with a soft-bristled paint brush for better crops.

Please note this list will be updated when the matrimonial service resumes.

## SIKH ASSISTED MARRIAGES

During the closure of the gurdwara, in compliance with the government guidance on social distancing, the matrimonial service has been suspended until normal services can be resumed.

Gurdwara Sri Guru Singh Sabha's March 2020 list of matrimonial partners appears below. It will be upgraded when the service resumes.

### BOYS

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2747	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2748	20/06/88	BA(hons), MSc, CIMA	Senior Finance Analyst	5' 10"
2749	28/12/86	BSc Financial Computing	Client Care Analyst	5' 06"
2750	09/05/87	BA Finance/Accounts, ACCA	Chartered Accountant	5' 10"
2751	16/06/91	BA Business Economics	Quantity Surveyor	6' 00"
2752	10/05/91	M Pharm	Pharmacist	6' 03"
2753	13/09/91	MA Medicine, MBBS	Hospital Doctor	5' 11"
2754	18/05/87	Master Business Info Management	Operations Supervisor	6' 00"
2755	25/07/89	BSc(hons) Business Mgmt. & Mktng	Self Employed	5' 08"
2756	05/03/75	BSc Product Design	Baggage Handler	5' 8½"
2757	02/03/90	LLB	Senior Executive (Family Bus.)	5' 10"
2758	23/08/84	BSc Computer Science	Self employed	6' 00"
2759	13/07/89	City & Guilds Level 3	Motor Mechanic	5' 06"
2760	26/07/90	MBBS	ST3-ConsultantRadiologytrainee	5' 10"
2761	22/06/85	BSc, MSc, PhD Immunology	Associate Director	5' 09"
2762	06/12/88	LLB, LLM, LPC	Solicitor	6' 01"
2763	31/05/88	BA, LLB	Head of Legal Lawyer Corparter	5' 11"
2764	22/01/89	Compex Electrician	Compex Qualified Electrician	5' 09"
2765	07/10/81	Masters in Commerce	Production Manager	5' 09"
2766	21/05/91	MSc Physics	Procurement Manager	6' 01"
2767	03/09/87	MSc Computer Science	IT Consultant	5' 09"
2768	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2769	25/08/84	B Eng. Computer Networking	IT Production Manager	5' 02"
2770	25/09/88	BA Sociology, LLB, LPC	Solicitor	5' 10"
2771	25/03/85	BTEC Business	BA Customer Service	5' 11"
2772	28/02/88	BSc Economics	Investor-Trader	6' 01"
2773	17/07/90	BSc, B Med(hons), M Pharm	Pharmacist	6' 04"
2774	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2775	27/09/90	M Eng Aerospace Engineering	Proxisense Ltd, Oxford Uni	6' 01"
2776	26/06/81	BSc Computer Info. Systems	Senior IT Consultant	5' 09"
2777	10/03/93	MBBS, BSc(hons)	Medical Doctor	6' 04"
2778	17/01/90	College - IT Entry Level 1	Taxi Driver	6' 02"
2779	20/11/91	BSc Quantity Surveyor	Quantity Surveyor	5' 11"



2780	16/01/86	Diploma	Director - own company	5' 07"
2781	12/11/89	Business Studies & Personal Finance	Law Enforcement Officer	6' 01"
2782	21/12/92	BSc Economics (UCL)	Investment Banking	6' 03"
2783	28/03/83	BSc(hons) Computer Science	Account Manager	5' 09"
2784	16/06/86	ACCA	Accountant Plc	6' 01"
2785	29/12/81	BSC(hons) Information Systems	IT Consultant	6' 00"
2786	28/06/86	B Eng Electronic Engineering	Test Engineer	5' 06"
2787	29/05/85	BSc Mathematics	Actuary	5' 07"
2788	19/03/94	BTEC Science Level 3	BT Telecoms Engineer	6' 00"
2789	22/07/80	BSc Maths & Computer Science	Business Owner	5' 07"
2790	23/04/90	A Levels	British Airways	6' 02"
2791	02/11/74	MSc, B Eng(hons)	Senior Project Mgr Invest.Bank	5' 09"
2792	03/12/89	MPharm Pharmacy	Pharmacist (Branch Manager)	5' 09"
2793	15/03/87	M Pharm, MBBS	Junior Doctor	6' 00"
2794	02/06/88	MSc Economics & Finance (LSE)	Investment Analyst	6' 00"
2795	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2796	21/05/88	AS Level	Account Manager	6' 00"
2797	18/01/91	A Levels, left after 1yr at Uni	Warehouse Operator	5' 11"
2798	06/07/90	BSc, MBBS	Hospital Doctor	6' 02"
2799	16/11/87	BSc Pharmaceutical Science	Manager-Pharmaceutical Comp.	5' 10"
2800	28/04/91	LLB, LPC	Solicitor	5' 11"
2801	23/03/85	BSc(hons) Optometry	Hospital Optometrist	5' 09"
2802	03/04/87	MSc Pharmacy	Pharmacist	5' 09"
2803	08/05/81	A Levels	Managing Director	5' 07"
2804	07/05/82	MSc IT & Management	Case Analyst	5' 10"
2805	04/05/89	BSc Actuarial Science	Actuary KPMG	5' 10"
2806	02/04/83	BSc(hons)	Investment Banking	6' 02"
2807	28/04/89	B Eng Air Transport Engineering	Pilot	6' 00"
2808	24/01/91	Civil Engineering Degree	Senior Quantity Surveyor	6' 00"
2809	09/11/91	BSc Economics, Chartered Accountant	Economist	6' 02"
2810	15/08/92	PhD, M Chem	Scientist	6' 00"
2811	11/12/90	BSC(hons) Info. & Comm. Technology	Software Analyst	6' 00"
2812	15/12/80	MSc Finance	Investment Manager	6' 00"
2813	23/03/93	BSc Biology	Teacher	6' 01"
2814	25/08/92	Primary School Teacher	Teaching at Primary School	5' 09"
2815	27/12/93	LLB Law	Paralegal	5' 11"
2816	07/10/88	BSc, MPharm	Own Pharmacy Business Bristol	6' 01"
2817	23/10/85	BA Business Studies	Estate Agent	5' 09"
2818	27/12/85	MSc Pharmacy	Pharmacist	6' 02"
2819	26/12/85	BSc(hons) Economics (LSE)	Investment Banker M&A	6' 02"
2820	10/12/82	BSC, CIMA Accountant	Business Manager Barclays	5' 11"
2821	18/11/81	High Diploma (college), Advanced IT	BUPA Health Service Consultant	5' 07"
2822	30/09/94	BSc Business & Politics	Digital Marketing (Fiat)	5' 9½"
2823	28/07/92	MD Master of Medicine	Senior House Officer	5' 06"
2824	27/07/88	Doctor of Medicine	NHS	6' 00"
2825	03/02/96	BSc(hons)	Accountant	6' 04"
2826	05/11/88	BDS Dentistry	Dentist	6' 00"
2827	28/09/85	A Levels	Deputy Court Custody Manager	5' 08"
2828	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2829	02/06/79	MBChB, General Practitioner	GP	5' 10"

2830	10/12/75	BSC(hons) Information Management	Engineer Contractor	5' 08"
2831	28/07/93	BSC Architecture, MA Graphic Design	Graphic Designer	6' 00"
2832	04/02/88	LLB(hons), LPC Law	Associate Director, Finance	6' 00"
2833	01/12/82	LLB(hons) Law	Contracting Lawyer	5' 10"
2834	23/03/88	BA(hons), ACCA	Finance Project Manager	5' 09"
2835	01/02/89	BSc (hons)	Financial Analyst	6' 00"
2836	02/06/86	MBBS, MRCP	Doctor GP	5' 10"
2837	12/06/76	Physics Degree	Finance work	6' 02"
2838	25/04/88	M Eng Materials Sci. & Eng., ACA	Chartered Accountant	5' 09"
2839	31/01/80	IT Degree	Assistant Manager	6' 00"
2840	17/10/91	BSc (hons)	Actuary	5' 10"
2841	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2842	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2843	01/07/89	BSC(hons) Chemistry, PGCE	Mortgage Broker	5' 09"
2844	22/01/88	BSc, MBBS	Hospital Doctor	5' 10"
2845	06/02/90	MBBS	NHS Doctor	6' 02"
2846	17/11/83	BSc Aerospace Engineering	Mechanical Engineer	5' 08"
2847	20/11/84	A Levels	IT Contractor	5' 11"
2848	28/11/90	BSc Economics, ACA	Finance	5' 08"
2849	16/01/88	Postgraduate Masters	Strategy Consultant	6' 02"
2850	28/06/87	BSc(hons) Computer Science	Business Intelligence Developer	5' 11"
2851	06/05/91	BSc Business Information Systems	Business Development Mngr	5' 09"
2852	09/01/85	BA(hons), ACA	Chartered Accountant-own Buis	5' 09"
2853	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2854	26/11/95	BDS Dentistry	Dentist	6' 03"
2855	10/01/89	BSc(hons)	Quality Surveyor/Finance	6' 00"
2856	30/03/91	MSc Computer Science	IT Software Consultant	6' 05"
2857	13/03/87	BSc Finance & Accounting	Management Accounting	6' 00"
2858	04/02/94	BSc Sci. MSc Busi. Technology	Sub-contractor Manager	6' 02"
2859	19/04/84	BA Economics, IMA Chartered Acc'tant	Senior Commercial Finance	5' 09"
2860	29/04/93	ACA, Degree Accounting & Finance	Chartered Accountant	5' 11"
2861	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2862	10/09/90	BSc, MSC Finance & Risk	Self Employed	5' 04"
2864	18/03/90	Charter Accountant	British Gas	5' 08"
2865	23/09/78	LLB(hons); PGDLP; PGDNP; MSc Law	In-House Counsel Solicitor	5' 09"
2866	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer	5' 07"
2867	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2868	19/03/92	BA Economics	Accountant, Studying Ch. Acc.	6' 03"
2869	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2870	05/12/93	MSc Mechanical Engineering	Site Engineer	5' 09"
2871	10/03/92	BSc, MBChB, MRES	Hospital Doctor	5' 09"

## G I R L S

<b><u>Ref No</u></b>	<b><u>Birth Date</u></b>	<b><u>Academic Qualification</u></b>	<b><u>Present Employment</u></b>	<b><u>Height</u></b>
9136	19/04/88	BA History, GDL BPP	Solicitor	5' 06"
9137	28/05/92	BA French Literature	Marketing	5' 07"
9138	01/11/89	MD Medicine	Junior Doctor	5' 07"




9139	08/01/91	BSc Physiotherapy	Senior Physiotherapist	5' 01"
9140	29/06/93	BA(hons), MA	Project Manager	5' 06"
9141	28/02/89	M Pharm	Clinical Pharmacist	5' 07"
9142	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Nursery Nurse Team Leader	5' 01"
9143	18/11/89	BA(hons) Study of Religion	Learning Resource Manager	5' 02"
9144	03/02/93	BA History	Strategy Consultant	5' 03"
9145	04/12/86	LLB, PGCE	Teacher	5' 03"
9146	13/09/80	Masters	Account Director	5' 03"
9147	09/03/79	ACA, BSc Economics	Accountant	5' 06"
9148	25/10/84	LLB	Lawyer	5' 06"
9149	31/05/94	GCSE, Level 2 Acc'ting Apprenticeship	Regional Administrator	5' 05"
9150	03/03/85	A levels	Assistant Manager Insolvency	5' 02"
9151	17/11/83	Degree HRM & Marketing	HR Business Partner/Manager	5' 04"
9152	17/08/84	Degree educated	IT Programmer	5' 00"
9153	08/09/89	Degree educated	Trainee Solicitor	5' 00"
9154	02/10/90	BA Business Management	Property Negotiator	5' 05"
9155	31/01/87	M Pharm	Pharmacist	5' 03"
9156	01/03/88	Doctor	GP	5' 04"
9157	17/11/86	BM B Med Sci(hons)	NHS Doctor	5' 05"
9158	04/02/90	BSc Geography, PGCE	Geography Teacher (Sec. Sch)	5' 05"
9159	12/11/88	BSc, MSc Biology	Teacher - Marine Biologist	5' 05"
9160	16/10/87	MSc Marketing & Branding	British Airways Trainer	5' 06"
9161	12/06/84	BSc, ACCA	Chartered Accountant	5' 07"
9162	26/05/81	BSc, ACA	Chartered Accountant	5' 04"
9163	05/09/92	BA Medicine, MBBS	Hospital Doctor	5' 06"
9164	28/03/88	CACHE Diploma Childcare /Education	Radiology Assistant	5' 05"
9165	13/03/91	MBBS, BSc(hons)	Doctor	5' 07"
9166	30/01/88	BDS	Dentist	5' 00"
9167	12/10/81	MR Pharms	Pharmacist	5' 06"
9168	10/10/91	BSc Economics & Finance	Accounts Assistant	5' 04"
9169	04/05/95	BSc Accounting & Finance, ACA	Accountancy	5' 07"
9170	20/06/87	MBA International Management	VMWare-Operations Manager	5' 05"
9171	08/12/87	BSc(hons) Finance & Accounting	Management Accountant	5' 03"
9172	28/01/89	BSc(hons), MSc, stdy MBA	NHS England-Manager	5' 04"
9173	21/10/78	LLB(hons)	Solicitor	5' 02"
9174	28/04/82	MA Sociology of Education	Team Manager - Local Authority	5' 06"
9175	04/10/91	BSc, MSC	Software Engineer Google	5' 07"
9176	29/01/88	BA(hons), Masters, PGCE	Teacher	5' 01"
9177	10/07/79	BA Tourism Management	Onboarding Co-ordinator Airline	5' 03"
9178	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9179	25/06/88	BSc Mathematics & Economics	Actuary	5' 08"
9180	21/10/93	Cache Level 3 Nursery Nurse	Local School	5' 00"
9181	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"
9182	14/08/75	BSc(hons), MBA, PhD	Asso. Director-Gen. Medicine	5' 07"
9183	30/03/89	PG LLB, BA(hons) Criminal Justice	Probation Officer	5' 04"
9184	29/08/88	LLB	Contract Manager	5' 05"
9185	28/01/91	BSc, MBBS	Doctor	5' 3½"
9186	20/12/88	MA English	English Teacher	5' 02"
9187	07/03/88	BSc Psychology	Civil Servant	5' 05"
9188	28/08/74	BSc(hons) Physics	Account Director for global org	5' 6.5"

9189	03/09/96	BSc(hons) Economics	Trainee Accountant	5' 03"
9190	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9191	03/11/77	Masters	Publishing	5' 07"
9192	28/02/86	degree	Local Government Officer	5' 05"
9193	26/03/85	LPC (GDL), BA(hons)	working in Legal Practice	5' 02"
9194	10/12/89	Bachelors deg, PostGrad	Special needs co-ordinator	5' 07"
9195	27/12/77	BSc Marketing & Tourism	Airline Administrator Heathrow	5' 04"
9196	09/09/87	BA, GDL Law, LPC	Contracts Specialist Oil & Gas	5' 02"
9197	15/10/87	BA English & History	Tax Consultant	5' 11"
9198	06/02/86	MBBS	GP	5' 03"
9199	21/07/92	BDS	Dentist	5' 04"
9200	03/07/93	MBBS, BMedSc	Doctor	5' 06"
9201	21/03/90	MSC International Marketing	Marketing Consultant	5' 4½"
9202	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9203	24/05/90	LLB(hons)	Lawyer	5' 05"
9204	28/05/95	LLB(hons)	Trainee Solicitor	5' 11"
9205	08/08/90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9206	08/02/86	LLB, LLM	Lawyer	5' 06"
9207	28/03/83	ACA, BSc Economics	Chartered Accountant	5' 02"
9208	12/04/78	BDS, MFGDP	Dentist	5' 7½"
9209	01/07/82	MBChB	Doctor	5' 03"
9210	09/07/82	BA(hons)	Civil Service-Central Govt.	5' 00"
9211	19/06/81	MBBS, MRCP	Consultant Paediatrician	5' 06"
9212	27/01/86	BA(hons), MSc Info. Systems	IT Project Manager	5' 08"
9213	08/02/84	Diploma	Civil Servant at FCO	5' 02"
9214	18/02/88	BA(hons), PGCE	Teacher	5' 05"
9215	11/04/78	BSc(hons)	Estate Agent	5' 02"
9216	28/03/86	BA(hons) Business Studies	Net-A-Porter IT Manager	5' 06"
9217	09/03/81	BA Politics, Philosophy, Economics	own consultancy business	5' 07"
9218	23/01/94	Bachelors Economics	Business Analyst	5' 02"
9219	04/09/92	BA(hons) Interior Architecture	Architectural Designer	5' 07"
9220	06/08/93	BSc Optometry	Optometrist	5' 04"
9221	15/04/93	MSc Law & Finance	Banker	5' 6½"
9222	17/04/96	BA(hons) Accounting & Finance	ACA Trainee Accountant	5' 05"
9223	18/01/96	Fd Nuclear Eng. & Chemistry	Health & Safety Advisor	5' 4½"
9224	28/12/94	MSc Mathematics	PhD Uni Leicester	5' 07"
9225	04/12/81	MSc Physics	Research Scientist	5' 09"
9226	30/05/87	LLB(hons)	Management Consultant	5' 04"
9227	16/08/93	LLB LPC	Solicitor	5' 05"
9228	04/08/81	BA, Diploma Teaching, B Ed	Language Teacher	5' 05"
9229	13/03/87	LLB, LLM, BVC	In House Legal Investment Bank	5' 06"
9230	13/03/90	BSc Mathematics	Chartered Accountant	5' 05"
9231	20/08/94	MBBS, BSc(hons)	NHS Doctor	5' 05"
9232	26/07/92	Degree(hons) Economics & Finance	Senior Credit Risk Analyst	5' 04"
9233	27/11/81	BSc Math&Management, ACA	Director	5' 06"
9234	29/06/88	MA history	Project Co-ordinator	5' 06"
9235	09/10/91	BSc, MSc	Mental Health	5' 11"
9236	31/05/86	BSc(hons), MSc Economics	own business-Subway Franchise	5' 3½"
9237	23/03/92	M Pharm	Self Emp-Pharmacist (Locum)	5' 06"
9238	17/05/90	BSc Mathematics	Investment Consultant	5' 04"


9239	27/01/80	BSc Sports Therapy	Self Employed Therapist/Trainer	5' 05"
9240	12/12/89	MSc Economics/Econometrics	Trader Financial Services	5' 06"
9241	12/11/92	BA(hons) Eng. Lit & Creative Writing	Higher Education-Course Coord	5' 03"
9242	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9243	22/04/85	BA, M Phill	Publishing Manager	5' 05"
9244	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9245	16/03/90	BA	Data Analyst-Youth Offending	5' 06"
9246	21/02/86	MA, MSc. PhD	Government Research Labs	5' 05"
9247	05/10/89	BA(hons)	PA Admin/Practice Manager	5' 05"
9248	26/03/91	Mc Optom	Optometrist	5' 03"
9249	22/11/86	BSc Economics,MSc	Banking Treasury Support Ass.	5' 04"
9250	16/04/78	BA(hons) Accounts & Finance	Accounts Manager	5' 05"
9251	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9252	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9253	19/06/87	ACCA	City Credit Capital	5' 04"
9254	12/08/86	BA(hons) French & Italian	Accenture IT Consulting	5' 07"
9255	21/05/84	CIPD Level 5	HR Assistant	5' 06"

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## FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued.				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

**Please note these regular Gurdwara Services are currently suspended, in compliance with the government requirements.**

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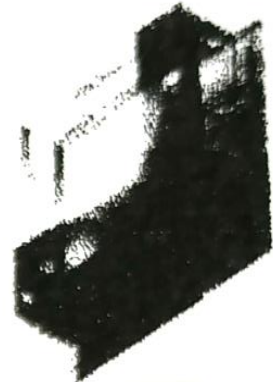
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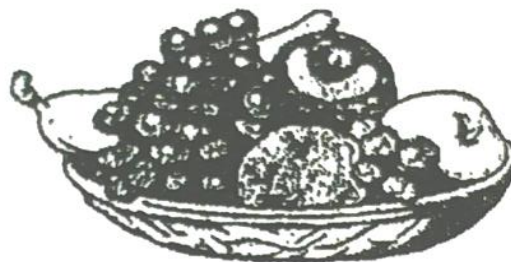




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